Are you ready for the amazing secret any guy would KILL to possess?

"A Special Message For All Men Finally Ready To Cut-The-Crap and Learn The Amazing Inside Fat-Blasting, Muscle Building, Super-Fitness Secrets Of The World's Most Advanced (And Craziest) Athletes!"

"I can now guarantee you will burst through to your full genetic potential gaining nearly superhuman strength, inexhaustible endurance, and a "shredded" physique...in just a few ridiculously short, but intense workouts!"

This astonishing "accidental" discovery will soon change the way every man trains to get "strong, lean, and mean" as fast as humanly possible...

"...became stronger, and stronger, and STRONGER!"

"I was honestly a little hesitant when my coach first suggested Captain Chris and his crazy programs. I mean, 15 minutes? Come on! But trust me, after only a few workouts I was a true believer. Seriously, years of knee and shoulder injuries suddenly vanished as the supporting muscle groups became stronger, and stronger, and STRONGER! And this past year I have won more competitions, and been invited to perform at more shows than all my previous years combined. And I know why. I can now jump higher, move quicker, and skate better than I ever have since training with Chris and his "crazy" 15 minute program. Chris my man, my success is your success. Thank you, thank you, thank you."

Brandon Page
Venice Beach, CA

Professional Skateboarder
2003 US Amateur Championship -- Gold Medal
2004 VG Pro Vert Invitational Champion

2004-05 AMA Pro Tour Competitor

"...get in great physical shape at RECORD speed."

*"I've seen dramatic physical changes in people on Capt. **Chri**s' program -- from elite athletes to grandfathers! It's great for people with weight problems, past injuries, or anyone who just wants to get in great physical shape at record speed. "*

Gregory Kirkpatrick
Former Chief of Exercise Science
British Army Air Corp.
Camberley, Surrey
United Kingdom

My energy level is 3 TIMES higher than ever before..."

"After only 3 months on Chris' 15 Minute Hell workout, I'm 185 lbs. with 10% bodyfat. I look like I'm about to step into the UFC Octagon to compete. My bodyfat loss was noticeable on day 7! My energy level is 3 times higher than ever before, and my muscles feel like coiled cobras- ready to explode into action at a moments notice. Not too bad for a pencil pushing accountant. The only problem I see is convincing other guys to see the truth!"

Michael Sage, CPA
Syracuse, NY

From: Captain Chris
World Leader In Self Defense
Developer - 15 Minute Hell

Dear Friend,

Let's face it, getting in great shape is a royal pain in the ass...

And as more and more years, and more and more time commitments (career, relationships, family, etc.), make their way in-between us and our "glory days", it seems like an almost impossible task to get into what we would consider "great physical shape".

Back "in the day" we can all remember being able to down 2 double-bacon-Whoppers with cheese, fries, onion rings, a vanilla milkshake, and an apple pie. And then being able to simply "burn" it all off before it hit our gut by tossing the ball around with our buddies.

In fact, just two days ago, my old friends from high-school actually ambushed me about this very subject as we all met for our yearly catch-up session at the local diner.

After we ordered and shot-the-breeze for a bit, the conversation turned to our high school athletic endeavor "war stories".

Now realize this...these friends of mine were all superb athletes when we were in school.

Sitting directly across from me was our Quarterback. Next to him, our all-county, star Linebacker.

On my left was the school Baseball stud who received a full ride to UNC...and on my right the captain of our 2 time, state champion Soccer team.

And finally sitting diagonally from me, was the best Hockey player our town had ever seen (he actually played for a NHL farm team for a short stint before he tore his hamstring).

Out of the six of us, I was always considered the "weak link" when it came to athletics. A mediocre Wrestler...Fencing "geek"...the "nut-bar" martial artist.

Well, to make a long story short...things change.

As always, I was pretty quiet as my friends told their stories and relived their shining moments in the limelight of their hey-day.

But as our food arrived and the waitress set down my blueberry pancakes, my one friend (the ex-baseball player) sudden turned on me...

"Hey Mr. Big Shot...You Sucked at Sports in High School!"

"You know Chris, we're all a little ticked off at you", he began, "How did it turn out that the worst athlete out of all of us became the big-shot military trainer?"

"Never mind still in the best physical shape ...." my other friend chimed in.

".... strong as balls", another added.

"....freakin' ripped to shreds", added yet another.

"Look, we do what we can after work or when we have some time, but its getting harder and harder", said my ex-super jock friend who started it all, "Work out a little, maybe play some b-ball or something..."

They each confessed...

"I spent 2 Grand on a home gym..."

"I have a gym membership that "whacks" my credit card $100 every month..."

"I spend a fortune on whatever damn supplement is advertised in the magazines...."

"I still try to lift..."

"I run a little when it's warm outside..."

"Counting carbs..."

"Everything..."

Finally, they began to wrap it up and get to the point...

"Look, we know your family was always kinda' heavy, so we definitely know it's not genetics."

"And we remember how much weight you gained when you were sick..." (more on this in a bit)

"We give up. We're all ready to listen now. Just how the hell do you do it?"

"Where do you find the time?"

"How do you motivate yourself?

"Seriously...how do you keep yourself in such great shape?"

"And while we're on the subject...How the hell do you also whip your clients into shape so damn fast?"

WARNING:

For all you guys who "know it all" about working out, you are not invited to read the rest of this page, because it is not for you.

In fact, this entire site holds nothing of interest to the "all-knowing" fitness guru who is perfectly satisfied with spending hours and hours in the gym and buying his "fruity" muscle magazines every month.

So if you are that dude, please, don't even bother. I'm just going to piss you off when I turn your stupid, archaic workout "Know-how" upside down, so just go away now.

But on the other hand, if you're truly interested in getting in the best shape of your life at a almost ridiculous, break-neck speed... even if you are totally and completely out of shape at this very moment... then read on, because this is going to be the most exciting message you will ever see.

Trainer to the
Extremely insane

Allow me to introduce myself. My name is Captain Chris -- and unless you've been hanging around activities where people get their teeth knocked out or their arms broken, chances are you haven't heard of me before.

In a nutshell...I'm the guy professional "psychos" (and I use that term endearingly) call when they need to get back into fighting shape FAST.

Full-contact Martial Artists, Private Military and Security Experts, Bounty Hunters, and even a few Pro Motocross and Skateboarders who have been "laid out" for months due to inactivity (drugs/alcohol rehab) or injury.

All of them wind up "Calling Captain Chris" when its time to cut the crap and get their ass back in gear.

Why me? Let me start at the beginning.

In what seemed a lifetime ago, I was in the worst shape of my life.

From 1993-97 I was the military intelligence officer for an elite Special Forces unit within the U.S. Army. Our job was to "hardwire" spec-op soldiers with vital combat mission skills, training, and information.

After developing significant breakthroughs in the way our military trains in everything from survival to hand-to-hand combat, my promising career as an officer was cut short by two of the most dangerous killers in the world...

Politics And Cancer

Receiving a medical discharge from the service, I embarked on a three-year battle with Cancer.

Consisting of four major operations, three rounds of chemotherapy, (including stem cell replacement therapy), multiple "zaps" of radiation, and a few other nasty things I would rather forget about, the whole ordeal left me a pretty big mess...physically and mentally.

Granted, I had survived, but I was a freakin' disaster.

I had gained over 80 pounds, and my body fat percentage was off the chart. (I'm not kidding; it was literally above the highest mark on the chart used by fitness trainers!)

To top it off, half my body was swollen and I could hardly move due to the fact that my last operation removed all the lymph nodes from my pelvis. My right leg needed to remain wrapped to contain the lymph fluid, and for a month I had a drainage tube stuck in my hip. Gross...

I started on what seemed like an impossible journey, to get back into

shape, start a new career, and to resume the competitive Judo training I had started while in the Army..

If you are not familiar with Judo...

Picture Olympic style wrestling while wearing a 10 pound winter coat.

Oh, and by the way, the only ways to win are to;

1. Throw your opponent through the air so they land flat on their back.

2. Pin your opponent on his back with full body control (no legs entangled) for 25 seconds.
   And yes, you read that right- 25 seconds, not simply 2 or 3!

3. Either Choke or bend your opponents arm so far the wrong way that they are forced to "tap out" before something breaks or they go unconscious.

Needless to say, it's a pretty rough sport. And if I was to even think about competing again I had to not only drop those 80 pounds, but also be able to run, jump, bob, weave, and fight.

In other words turn myself from a gelatinous blob, into the fine tuned superhero we all want to look like.

Drawing on my past experiences as a soldier, personal trainer and martial artist, I started exercising the "popular" way.

You know; going to the gym, dieting, using the machines, lifting weights, running, etc.

Well, guess what? In three months of doing all that nonsense, I lost only 8 pounds! And I knew what I was doing!

Or so I thought...

Again, my original plan was to return to Judo in some sort of shape. When I did finally return, the only sort of shape I was in was round!

The guys mopped the floors with me. I couldn't move, I couldn't fight, and I couldn't breathe.

To make matters worse, I still could not do everyday things without getting out of breath. Carrying groceries

up the four flights of stairs to my old place was absolute torture!

My body literally ached due to the massive amount of extra body weight I was carrying. And my neck, shoulders, and back were constantly aching from it.

I was miserable and I started to become depressed.

I began to fall into the dangerous "I'm too" mentality.

You know what I'm talking about...I'm too sick...I'm too old...I'm too weak...I'm too fat...I'm too busy...and so on.

In other words, looking for that one excuse that I could use as a scapegoat to justify my unhappy existence and then just get on with my shitty life.

Having chosen the "I'm too busy", AND the "I'm too old" scapegoats, I simply stopped working out, and focused all my efforts on my new found career as a teacher and wrestling coach.

Well, as I'm sure you know...**You Can't Just Hide From Your Problems.**

By the time school broke for the summer, I felt like a total and complete failure.

Every day I was supposed to be teaching kids to never give up... to be their best...to be strong in the face of adversity...while I had gone and done exactly the opposite.

Even worse, I felt that I had become one of those "fat-coaches". You remember, the out-of-shape coach who just yelled at you to work harder, run faster, push, push, push? All while sitting there like a fat lump on a log?

Soon after, I received a phone call from my ex-coach, a legendary Japanese Judo player and West Point coach.

After a bit of yelling and cursing at me in broken English, he told me of an opportunity I could not refuse.

Years ago, many of Japan's top Judo players were also educators (After all, Judo itself was founded by a doctor of education in the late 1800's). Scores of these teacher-athletes were sent all over the world to spread the study of the popular Japanese sport.

Through their hard work Judo has become a "staple" in many Asian and European physical education classes, as well as become the 3rd most popular contact sport in the world (behind soccer and hockey).

Here in the United States however...not so much.

Although we Americans love wrestling, boxing, and Ultimate Fighting; Judo just never caught on.

The proud Japanese considered this lack of interest a "slap in the face" to their ego, and they decided to do something about it.

The top Judo teachers originally sent to the United States were "recalled" to attend a top level, strictly "hush-hush" symposium in Japan... Including my coach.

The Japanese government also consented (for the first time ever) to reveal to a panel of hand picked "American apprentices" the details of an incredible new training system that had been developed over the last ten years.

And as an educator, coach, and former competitive player, I had received an official invitation to attend.

5 Days That Changed My Life Forever...

Entering the super-secret workout labs of the Japanese Olympic Judo Team (the same guys who beat the piss out of everyone else in the world every 4 years) it was revealed to those of us in attendance, that top Japanese scientists, psychologists, coaches, and elite athletes had been working to determine a solution for the lack of American involvement in their national sport.

Why all the "hub-bub" over American involvement? Why else...MONEY!!

Hard statistics don't lie...Whenever the American public embrace something foreign, whether a product, service, sport, etc. the providing country's tourism, media, and manufacturing revenue shoots up like a rocket.

On a larger scale, everyone knows that whatever America does, the world follows suit...so we're talking about a virtually untapped market worth Millions and MILLIONS of dollars per year to the Japanese if they could pull it off.

The Japanese were convinced that the American lack of interest in Judo was based solely on the fact that learning even the basics of Judo are time consuming and physically taxing. And free time and physical fitness are two things Americans are in short supply of.

Therefore the Japanese believed, if they could lure Americans into official Judo schools with a patented, time-efficient, super results workout they would "de-throne" the Billion dollar American health club and gym industry as the "King" fitness solution and they would soon be rollin' in truckloads of Yen.

I Couldn't Believe What They Were Doing!

The handful of us in attendance actually were invited along with Japanese officials to serve as witnesses for the "unveiling" of this new program.

And when I learned these Japanese secrets, my jaw dropped.

Simply put, the Japanese trainers had thrown out practically everything we and the Europeans believe in when it came to how the body builds strength, power, and endurance at a rapid rate - and they'd developed and perfected a much higher-level training approach that produced results myself, my colleagues, and especially the Japanese officials had a hard time believing were possible.

The experimental exercise program consisted of no weights, no machines, no fancy equipment.

Using animals in the wild as evidence, the program's creators showed how animals are stronger, faster and more flexible than humans - yet, they don't lug a machine or barbell around when they train. They got their abilities by working with nothing more than their own bodyweight when they hunt or play.

Now, we all know that bodyweight exercises are nothing new. In fact, if you take a look at military history, they've been doing calisthenics to prepare for battle since the dawn of civilization.

What was different with the Japanese program was that its development team had conducted literally thousands upon thousands of experiments over the last few years to determine what bodyweight exercises worked best and what didn't.

And they had stumbled onto something absolutely amazing....

They discovered that if certain bodyweight exercises were performed in a very specific sequence all within a certain time "window"...almost superhuman improvements in strength, endurance, and fat loss are in a matter of only a few days! DAYS!!!

And when I say dramatic, I mean that their program would double the rate of your muscle development and QUADRUPLE the rate of body-fat loss (actual statistics from the Japanese training facility) in as little as 6 to 8 days!

How do I know all this was possible?

I Tested It Myself... And It Worked!

After returning home I put the program to the test. Learning the ins and outs of the program as well as using the experimental program for my own conditioning, I began to see instantaneous results.

And my life changed almost immediately...

At the end of one week, I began to feel physically "better". I could breathe deeply, walk at a more rapid pace, and the stiffness in my neck and shoulders was gone.

But the best part? I lost an incredible 11 pounds! And that was only ONE WEEK!

During week two I began to sleep like a log; eight hours of deep sleep was no longer a goal it became automatic. I would wake up refreshed and ready to "rumble" every morning. (And still do!)

Within three weeks I had packed what can only be called functional muscle onto my legs, chest and back that I've never had before. No "bulk" to really speak of, just lean muscle making me super flexible while getting incredibly stronger.

By week four my endurance had tripled and my athletic skills started to improve by leaps and bounds. And no wonder...when I stepped on the scale I was shocked to see that I had already dropped 30 pounds!

At the end of week five I was given a body-fat analysis. The results? Well, it seemed that in only those five weeks time I had burned off enough excess body fat to the point where I could eat more than I normally did and still continue to lose weight!

In week six I noticed something truly amazing...the years of pain I had sustained from countless injuries both in the gym and on the Judo mat. No more shoulder pain from benching, back pain from dead lifts, or neck pain from being tossed on my head during practice.

My favorite week was week seven. That week I seemingly gained explosive strength, energy, and a remarkable increase in athletic speed out of thin air. I felt pliable and springy, like a tiger.

Finally, by the eighth and last week I was in such incredible physical shape that I once again became a holy terror on the Judo mat. And even more important...I looked damn good!

All and all, I lost those 70 plus remaining pounds, plunged my body fat to below 10%, and brought my resting heart rate to around 54 beats per minute.

At the drop of a hat I could blast out 100 pushups, 20 pull-ups, and then run a mile all without getting winded or out of breath....at 190 lbs.

But Here's The Best Part...

The entire workout, although intense, only took 15 minutes!!

I know it sounds absolutely crazy, and trust me...I also thought they were absolutely bonkers when it was laid out on the table, but you just can't argue with results. And as you saw in my own personal experience, those 15 minutes is all you need to whip yourself into incredible shape.

These exercises work much better than weights, and a zillion times better than cardiovascular equipment. Although the routine is intense, the exercises are fun, quick, and energizing.

And since you are using your own bodyweight, you never have to worry about injury, overtraining, or best of all...ever needing to waste another dollar or wait on line for machines at a gym.

That eighth week, when I showed up back at my coach's Judo school to resume training, I received some startling news.

Although my coach slapped me on the back, and congratulated me on my personal success using the program, he informed that the American public would never see it implemented.

It turns out that only a week after we returned from Japan, he had received an official phone call from the Japanese training center.

So impressed were the Japanese officials who attended the demonstration that they completely changed their minds about the "American Judo problem" and decided to only reveal the program to their own professional and Olympic athletes.

In typical Japanese snobbery, they felt that the program was too good...Too Powerful... to share with the rest of the world.

(And four years later, at the Athens 2004 Olympics, their incredibly dominating Gold medal performance in both men's and women's' Judo, Wrestling, Swimming, and (most surprisingly) the Hammer Throw...proved it.)

All the Japanese affiliated Judo schools that attended were threatened with everything from lawsuits to being thrown out of the Judo federation and their status revoked if they taught the program to their American students. (Or for that matter, any other nationality besides Japanese citizens as well)

Oh well, I thought. Sucks for Judo...BUT GREAT FOR ME!!!

I had no ties, no affiliation, and most importantly, no loyalty to the Japanese government.

If I wanted to teach my fellow Americans these training secrets that had been perfected in the lab and proven in competition, there was not a damn thing they could do to stop me....

Combining the secrets in the Japanese system with a few tricks I had up my sleeve from my own training, I

developed a whole series of new programs that broke all "the rules", and in turn took the Law Enforcement, Martial Arts and Extreme Sports communities by storm.

Mercenaries And Skateboarders And Soldiers... Oh My!

Over the last several years, I have had the unique opportunity to train some of the craziest "S.O.B.s" you could ever meet...Full contact fighters, Private Military Contractors (Mercenaries) and Pro circuit Skateboarders (just to name a few)...each paying me fees of $2500 to $12,000 to run them through the amazing training breakthroughs I had "unexpectedly" stumbled across.

Now please realize, I'm not telling you any of this to brag, to tell you I'm the best, or anything of the sort. I just wanted you to know that this is the real deal, and my credentials are all "on the table".

Professional athletes (no matter how bizarre their sport) just don't get "anybody" to whip them into shape. These dudes make a living out of their physical performance, so they do not take chances with their training.

My "core" program, ***15 Minute Hell***, changed these guys physiques so dramatically, so fast, that I have become convinced anyone, and I mean ANYONE (I don't care if you are an ex-jock, just a little "soft" around the edges, or even a big fat couch potato who hasn't moved more than a few inches in 10 years) who switches over to this innovative training system can expect a full-blown "Hollywoodesque" body makeover in a few short weeks!

Including you!

But don't take my word for it, take theirs...

"I just never realized how important it is to exercise the "right way" after a 2-year layoff. I imagined a big juice-head trainer yelling at me to bench press and squat heavy weights. Chris' training was a shock -- but a good one, because now I know that I can become strong, flexible, and agile without injuring myself using stupid weights."

Jake Larouche- Bail Bondsman and Mixed Martial Arts Champion
Baton Rouge, Louisiana

"The 15 Minute Hell workout just makes perfect physiological sense. I have seen some absolutely incredible results from both professional athletes and the "Regular Joe's" who follow Chris' training regimen. The only guys who fail to get amazing results do so simply because they're too dumb to realize how powerful this program really is."

James Charne M.D.
Las Vegas, NV

"I've been on the 15 Minute Hell workout for only a month; I'm 23 pounds lighter and already much happier. Bringing this program into focus is a lifesaver. You have a friend for life, Chris."

Ken McGee
NYC, NY

"15 Minute Hell Kicks ASS! The strength and endurance I've gained since I started training with Chris and his program is incredible. Do what ever it takes to get his advice. He's worth it!"

Bart Holtz- Team Alpha, National Pro MX Championship
Raleigh, NC

"What got me is how FAST this workout is! It's not even 10% of the work I imagined it would be... in fact; not doing my 15 Minutes each day would just seem stupid!"

Kyle Wilson- Brazilian Jiu Jitsu Black Belt Instructor
Los Angeles, CA

"The best part is, this is so easy to fit into your schedule... and yet it works like magic. Thanks, Chris, for giving me the answer to my workout dreams."

Phillip Markett
Chicago, IL

A Note from Senior Training Officer Matthew Granger

Newark, NJ PD

Thursday 10:38 Am

Dear Friend,

I was an Army Ranger for 12 years, and have been a Police Officer for the last 7. In that time I've seen a lot of different exercise and fitness programs. Some of these were good, and others were kind of bizarre.

Chris just let me preview his 15 Minute Hell DVD. Let me tell you, this guy is not only a holy terror on the wrestling mat, he is also the hands down best personal trainer I have ever met. His new DVD reflects not only his unsurpassed training methods that have made him a favorite with the law enforcement community, but

also his candid, enjoyable personality.

Once again upstaging the slick gyms and bogus fitness "professionals", Chris' no B.S. attitude clearly shines through as he demonstrates how to get a kick butt physique without reverting to the Hollywood "nonsense" and special effects that cloud today's fitness market..

I can easily see that this is going to be a major breakthrough for a lot of guys who have been living sedentary lives for a few years.

You see, there's a difference between how the professionals exercise as compared to an amateur. By following Chris' professional strength 15 Minute Hell workout, you can easily cut off years of the frustrating trial and error experience that most of us had to go through to finally discover this powerful program. I certainly wish I had this DVD when I first joined the military!

I fully endorse this DVD without any apprehension. And by the way, I'm not getting paid a dime for this endorsement -I offer my thoughts because it's refreshing to see a fitness program of this superiority that can truly benefit both today's soldiers, cops, and athletes, as well as the more common 9-5er, and hard working Dads who want to be positive role models (or Superheroes as Chris calls them) for their children, friends, and family.

Chris' 15 Minute Hell program will change your life.

SGT Matt Granger- Police Officer, S.W.A.T. Team Leader
Newark, NJ

So, here's the deal...

If you are serious about changing your body...If you want enormous strength, tightly defined muscles, a massive chest, slender waist, powerful arms and legs, and the attention and benefits of being a walking, living comic book superhero, I can make it happen faster and easier than you ever imagined possible. But not necessarily without hard work.

Remember, the approach I will reveal to you requires only 15 minutes each day, but it does require you to use that time far differently than you could ever imagine.

I can honestly give my word that you will see undeniable increases in your muscle size, strength and appearance -- a total body change --within the first 21 days of applying the ***15 Minute Hell*** program. **I did it...and so can you.**

And I also promise you this: If you'll only invest those 15 minutes each day following the principles of this incredible training system --there will be no stopping you.

- **You'll burn fat and blow-torch off excess body weight so quickly that you can literally eat more than you normally do and still look better than ever.**
- You'll sleep like a log. Eight hours of deep sleep will no longer be a goal. It'll be an automatic. As soon as you hit the rack you'll be out like a light.
- **You'll pack functional muscle onto your legs, chest and back. No "bulk", just lean muscle making you super flexible and incredibly strong.**
- You'll triple your endurance and improve your athletic skills by (literally) leaps and bounds. While everyone else is suckin' wind, you'll be running circles around them ready for more.
- **You'll wipe out any back, shoulder or neck pain or discomfort you have had from years of inactivity, weight gain, or even past athletic injury.**
- Your self-confidence will know no bounds. Especially when you got compliments from people who hardly paid any attention to you before.
- **You'll turn back the clock and impress the hell out of your friends (remember my awestruck buddies from the diner?) Your friends will tell you that you look 5-10 years younger and beg for you to share your "secret".**
- Your muscles will be like those on a powerful jungle cat - relaxed, but ready, willing and able to spring into action at a moment's notice.
- **You can train anywhere...anytime. In your living room, hotel room, outside, inside, wherever. All you need is a few square feet of room and your good to go!**
- Plus... if you're over 35, this training system has another benefit: Because recovery is automatic... and NOT dependent on the fast-moving biology of being twenty years old... you can get ALL the gains of a younger man, in the same training time! And you don't risk injury (as you would in a traditional weight routine.) A few of my "executive" clients are over 45, and they just posted their personal bests in strength and size!

And more... so much more, it would take me 20 pages just to outline how dramatically this program is going to change your life.

But don't be scared by all the "inside" stuff -- the fact is, 15 Minute Hell will quickly take all the mystery out of getting you in the best shape of your life...forever! Because:

1. **It's simple -- everything is explained in a way that even a 10-year-old could understand! (If you're a beginner, this the most intelligent way to get in shape FAST... or if you're already a committed**

fitness buff, this is exactly what you've been searching for to get the continuous, uninterrupted, results you've always wanted!)

2. **You get your own proof (through actual results) almost instantly!**

So here's the deal: Just a few weeks ago, you couldn't have possessed this breakthrough training for ANY amount of money. It just wasn't possible.

Why not? Simple...

My business is bursting at the seams-- literally. I can't possibly take on one more training client. There is just not enough time in the day.

Frankly, I fought long and hard to deliver this exclusive information as part of one of my high-priced seminars where I charged at least $1897 per person.

But I quickly realized that the only way I can personally train you to get all the benefits and amazing results we've been talking about, both conveniently and economically (for both you and me), is by me putting my 15 Minute Hell program in simple step-by-step detail on DVD...Which is exactly what I've just completed doing.

It's like spending an entire day with me as your personal trainer...taking you by the hand and giving you thousands of dollars worth of instruction.

But I'm not going to charge you anywhere near that $1897 seminar amount (and forget about my one-on-one fees). Your total investment in this no nonsense program is only a fraction of that at ~~$187~~ **$97**.

So What's The Catch?

Why am I practically giving this resource away?

The answer is simple: I can no longer sit by and watch while hard-working guys like you keep getting handed garbage (and even lied to) by all those fitness "experts" out there!

I see stupid programs like the "slow, controlled rep" nonsense spread around like it was gospel...eating up your valuable time...yet it just doesn't help you with the dynamic, spur-of-the-moment movements that are found not only in athletics...but in real life, day to day activities.

When your kid wants a horsy ride, or you are moving furniture, or carrying 10 bags of groceries, or playing a game of pickup basketball...you are not going to stand in one spot and do slow, controlled movements. You are going to run, jump, play, lift, move, and explode into action. And any "expert" who knows spit from shinola should know that!

In my opinion, most of the "experts" today are "sissies" -- you heard me -- who spend more time pushing their expensive, long-term "packages" than they do providing their clients with the only thing that matters- RESULTS!

You want to take waste your money and time being a loser gym-rat? Slam some iron weights around like a big

tough guy? Fine. Then my program ain't for you. Don't even bother me...

Because I Don't Want Your Business!

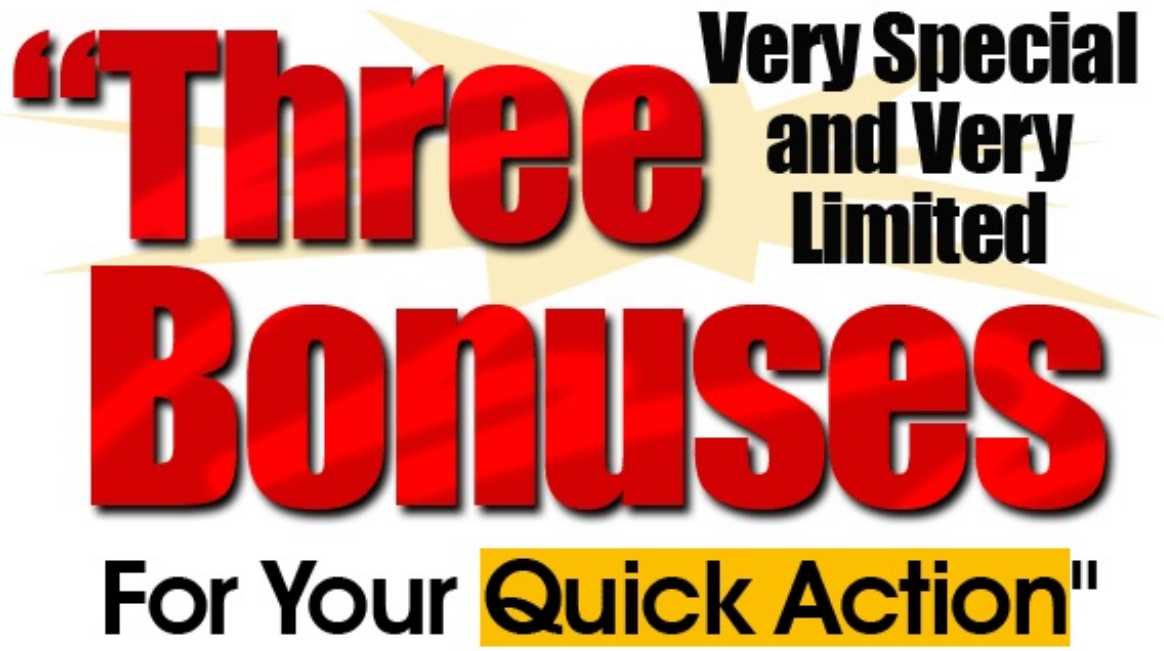
I train real tough guys. Guys with heart, and with enough brains to see the truth when it's laid down in front of them.

All those steroid-drenched jerks (who call themselves "experts") shrink into puny, high-fat slobs soon after they stop their drug-intake (which they must do to continue living). And no one with any sense wants that.

I'm going to prove to you (beyond a shadow of doubt) that working out, that knowing how to train intelligently (and simply) is the only way to attain the sort of permanent, naturally athletic physique that screams, loud and clear...

This Is A Real Live Super Hero You're Dealing With!

You'll be the kind of naturally-fit athlete that demands respect and attention everywhere you go. That's the way it should be. That's the way it will be!



Needless to say, this fitness package is jam packed with the secrets that will give you the easy, fast results you have been looking for. But, just to sweeten the pot a bit, I'm also going to hand you 3 special Free bonuses to reward you for taking action immediately.

But I can't give away this much stuff to everyone, so only the very next 25 people to order will receive these awesome free bonuses...

BONUS 1

"Adrenaline" Motivational CD
($97 value) -- FREE!

Ok, my accountant thinks I'm absolutely bonkers for giving this away for free.

Part of my "secret" to getting big time clients to hand over oodles of money is to keep them motivated at all times.

But what happens if I'm not available?

Or what if they need to get "jacked", or in the "zone" before a game, competition, or for soldiers and cops...a mission?

It's a scientifically proven fact that getting motivated to workout (or anything for that matter), has nothing to do with your body and everything to do with your brain.

In fact, it has recently been discovered that for every activity we do- there is a precise, corresponding brain wave pattern that determines if we succeed or fail.

Here's what I did. With a little help from my friends in the medical and science community, we isolated the exact frequencies that an athlete's brain waves resonate to during high performance activities.

Reproducing those wave patterns through special audio technologies, and combining the resulting "tones" with unique musical chords, we developed a breakthrough in athletic mental training...The "Adrenaline" CD.

Not motivated to workout? Feeling too sluggish, tired, or worn out to do your 15 Minutes of Hell? Not a problem!

Just pop the Adrenaline disc in your CD player (or burn it to your iPod or mp3 player), slip on a pair of stereo headphones and...BAM!!! In as little as 30 seconds, you will be ready to jump up and start banging out the exercises on the DVD with me.

The precision beats, tones, and chords will safely and effectively manipulate your brain patterns into those of a finely tuned professional athlete who is "in the zone".

Far beyond nonsensical subliminal messages or absurd hypnotism, this 21st century science is well on its way to making spectacular changes in professional sports.

Some of my Pro Athlete clients simply come (and pay my outrageous fees) just to get their hands on this remarkable training CD.

Just to prove to you that I'm just as serious about your success as the high paying "Pros", I'm going to give this powerful CD to you as a Free bonus.

($97 value) - YOURS FREE!

BONUS 2

Close Combat Nutrition Secrets

($200 value) - FREE!

Here's something REALLY special...

A few months ago, I lured and hired the East Coast's BEST DAMN NUTRITIONIST away from a rather famous speed and conditioning school.

Her mission?

To take every snippet and secret bit of nutrition info she's used over the past 10 years to transform the physiques of pro NFL athletes and UFC fighters and apply it to my students (YOU!)

In an AWESOME bonus video presentation, Heather Campanile R.D. will unleash the REAL secrets of turning every bit of food you put into your mouth into high-performance rocket-fuel.

Sending your mental awareness, physical abilities, and energy level straight through the damn roof...Literally OVERNIGHT!

This is a powerful, powerful, POWERFUL addition to my 15 Minute Hell workout that will absolutely blow you away.

And considering this kind of info ain't cheap bub (NFL guys typically pay Heather THOUSANDS for this stuff) it's a pretty valuable bonus...at LEAST worth $200...(Take advantage before I change my mind!)

($200 value) - YOURS FREE!

BONUS 3

Invitation To Enter Into This

Years "Best In Hell" Contest

($5,000 Dream Vacation At Stake!)

Now realize that I am only releasing a small number of 15 Minute Hell training packages to guys like you -- someone seriously committed to radically changing their body (and their life!).

So I figured that serious guys like you need serious rewards when they follow through.

Here's what's going on...

1. As soon as you receive your 15 Minute Hell package, take a before picture.
2. Exactly 8 weeks later take your after picture.
3. Send in both pictures with your contact info.

If you are one of the top "Best In Hell" transformations...you will be going on an all expense trip to Atlantis in the Bahamas! (Our favorite getaway!)

Don't think you can do it?

Not sure if you can follow through to earn your vacation?

"BULLSHIT I SAY!!"

I am giving you the tools. I am giving you the knowledge. I am giving you the motivation ....

I AM GIVING YOU EVERYTHING YOU COULD POSSIBLY NEED!

All you have to do is decide once and for all that you are going to stop screwing around and do what works.

Remember... I don't just talk the talk...
I walk the walk!

BEFORE

AFTER

Let me send you your ***15 Minute Hell*** package, with all the awesome Free bonuses by priority mail...Heck, I'll even pay for the shipping! No matter where in the world you are hiding!

In a few short days you'll get your package...take your "before" picture...watch the DVD...listen to Adrenaline...Follow the world-class nutritional advice...give me 15 minutes each day to do your workouts...and WHAM!

You could be kickin' it at the beach, proudly showing off your new "Olympian-esque" body, and loving life...

So let's go!

Readin' time is over my friend, I've told you everything you need to know. Now its time to take action...

15 Minute Hell Package:

Regular Price ~~$187~~ Today $97

Add To Cart

Add to Cart

Click Here to Place Your Order!

(It doesn't matter if it's 2:00 in the morning!)

Don't waste another second, let's build you into a superhero!

Fear No Man,

Captain Chris

Captain Chris
World Leader in Self Defense
www.15MinuteHell.com

PS. Now, I realize that some of you may be thinking, "~~$187~~ $97 for a set of fitness DVDs? That's outrageous."

And to those who say this I reply: "Okay, you fly to Japan, find a teacher of this system (GOOD LUCK), who will be gracious enough to show it to you (ZERO chance of that happening), find a translator, then totally transform not only your own body, but also military, law enforcement, executive, and pro athletes as well.

Then total up your expenditures and experience and you'll be looking at an upfront cost of tens of thousands of dollars. Not to mention your time. But...

Just to make 100% sure you don't have ANY excuses, I am also going to give you my:

Complete, No-Nonsense,
100% Money-Back
Unconditional Guarantee
For 3 Entire Months!

Do you understand what that means? You can order the package, train with it, treat it as your own, go through your own 3-month "trial run"... and if you aren't completely blown away with the results you get... simply send the everything (in any condition), and you'll receive a prompt refund of all your money. No questions asked, and no hassles.

That means... you can learn EVERYTHING for FREE, if you choose. I couldn't be more generous without actually coming over and training you personally for free every day.

Sure, I could get ripped off big-time this way... **and DO NOT make the mistake of thinking that this guarantee is the "norm".** In fact I have a whole slew of other training videos, books, and CDs out on the market where I absolutely refuse to offer this type of guarantee. But in this case, things are different.

I tend to trust people who are looking to make a dramatic "shift" in their lives... like you.

I was once out there, frustrated and looking for someone who would help me reach my goals. And I know you'll make the right decision based on your past experiences. If I prove myself to you, you'll stay with me. If I don't, we part friends, and you haven't risked a penny.

15 Minute Hell Package:

Regular Price ~~$187~~ Today $97

Add To Cart

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Click Here to Place Your Order!

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